



# 2021: *What's Next?*

**The Monroe Institute  
29th Professional Seminar  
& Conference**

**March 2021**

# 2021 Professional Seminar & Conference

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All times are Eastern Time

## Saturday, March 20

- 11:00 AM ***Welcome—Conference & Seminar Opening, Meditation***
- 11:10 AM ***Video***  
**Energy Healing in Times of Challenge**  
Joe Gallenberger, PhD
- 12:10 PM ***Keynote Address***  
**Telepathic Savants: What do they say about how brains might really function?**  
Diane Hennacy Powell, MD
- 1:40 PM **Superconscious: The Brainwaves of Extraordinary States**  
Judith Pennington
- 2:50 PM **How I Became Remote Viewer 001**  
Joe McMoneagle

## Sunday, March 21

- 11:00 AM ***Welcome—Session Opening, Meditation***
- 11:10 AM **The Forever Angels: Near-Death Experiences in Childhood and Their Lifelong Impact**  
PMH Atwater, LHD, PhD (Hon.)
- 12:20 PM **Can Theta and Delta Frequencies Positively Affect Post-Deployment Health?**  
MeLisa Gantt, PhD
- 1:30 PM **Monroe Research Perspectives**  
Ross Dunseath, PhD

2:40 PM      **Vision for the Future**  
Paul Citarella

## Monday, March 22

11:00 AM      ***Welcome—Session Opening, Meditation***  
11:15 AM      ***Awards Ceremony***  
11:30 PM      **Research Methodologies**  
Nancy McLaughlin-Walter, ABD/PhD  
12:50 PM      **A Virtual Tour of the Monroe Institute Archives**  
Susan Smily, MA (Ed)  
1:50 PM      **Miracles Happen! Sound Technology Helps Manifest These Miracles**  
Brian Dailey, MD & Allyn Evans, MBA  
4:00 PM      **Social Hour**

## Tuesday, March 23

11:00 AM      ***Welcome—Session Opening, Meditation***  
11:10 AM      **Board of Directors Overview**  
Janet Reed  
11:30 AM      **Monroe Institute Local Chapter Network & Outreach Programs**  
Mark Crewson & Carol Monroe  
12:20 PM      **TMI Explorers Tape Program: Looking at “The Friends” as channeled by IMEC in 1989-1992**  
Dan Erickson, MS (CIS)  
1:30 PM      **Virtual Programming—The Next Level of Monroe Consciousness Training**  
Luigi Sciambarella, BSc (Hons), Allyn Evans, MBA, Cheryl Hopkins  
2:40 PM      **Messages from Sanaya**  
Suzanne Giesemann, MPA  
4:00 PM      **Social Hour**

# Wednesday, March 24

11:00 AM	<b>Welcome</b>
11:15 AM	<b>Meditation</b> Marinda Stopforth
11:30 PM	<b>Exercise 1</b>
12:25 PM	<b>Exercise 2</b>
1:10 PM	<b>Lunch Break</b>
1:40 PM	<b>Exercise 3</b>
2:40 PM	<b>Group Debrief</b> Bob Holbrook
3:30 PM	<b>Grounding Yoga</b> Marinda Stopforth
4:00 PM	<b>Social Hour</b>



# Who's Who

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## PMH Atwater

### **The Forever Angels: Near-Death Experiences in Childhood and Their Lifelong Impact**

The Forever Angels is a major study of near-death experiences with the newly born, babies, toddlers and children up to age five. NDE expert PMH Atwater reveals how those who experience a near-death state or other worlds at a very young age are profoundly affected for the rest of their lives, including developing psychic and intuitive abilities, intelligence, and “wisdom beyond their years,” plus a pervasive feeling of being homesick for heaven.” Drawing on interviews with nearly 400 childhood experiencers, both fully matured and young, she explores their accounts of what it is like to be alive on the other side of death, as well as what makes them different from others. Where it takes the average adult experiencer 7 to 10 years to integrate their experience, it takes the average child experiencer 20 to 40 years. In contrast to older child/teen/adult experiencers, little ones cannot compare before with after—as they do not have a before. Their knowledge of the afterlife affects their family life, school, dating, health, education, employment and sense of the spiritual, along with an increased potential for thoughts of suicide, out-of-body experiences, and PTSD symptoms.



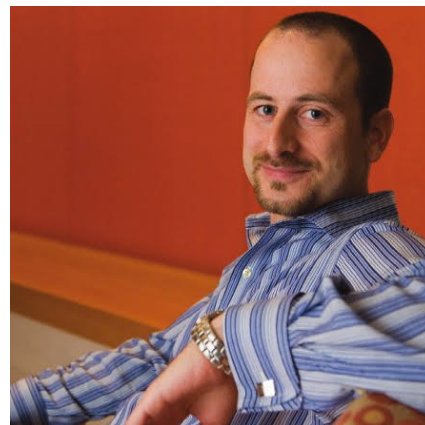
PMH Atwater, LHD, had three near-death experiences within three months in 1977. This turned her life around completely. The following year, she turned to research—because of what she was told to do during her third episode—and became one of the original researchers in the field of near-death studies, completing 18 books on the subject or related to it. Some of her findings have been verified in clinical settings, among them the prospective study done in Holland and published in Lancet Medical Journal (12-15-01). To date, her work covers nearly 5,000 adult and child experiencers. She has won many awards and traveled the world, always inviting people to look past appearances for the truth that underlies what we think we know. Her latest work, “The Forever Angels: Near-Death Experiences in Childhood and Their Lifelong Impact,” challenges the entire field and changes the conversation about life and death, reincarnation and the Life Continuum. Because of this work, she went on to write six children’s books called ANIMAL LIGHTS SERIES. In fun and joy, these books about animal babies help human children remember their own birth and beyond.

## Paul Citarella

### Monroe Chief Technology Officer

Take a step into the future of the Monroe Institute and beyond. Robert Monroe was, first and foremost, an explorer. In his search for new ways to discover how and why we are more than our physical bodies, he never stood still. Neither are any of the current caretakers of his legacy. As a continually evolving nonprofit organization, the Monroe Institute is poised to launch perhaps the most significant plans in its 50-year history. Join Chief Technology Officer Paul Citarella for a sneak peek into the **Vision for the Future**.

Paul is a serial start-up founder and CTO with over 20 years of technology leadership experience, having played a variety of roles from developer to executive in organizations from start-ups to Fortune 100 companies. In Paul's current role as the Monroe Institute's Chief Technology Officer, Paul is responsible for creating and executing the institute's strategic vision of how technology can be used most effectively to facilitate the global awakening of human consciousness. Paul's Monroe story actually began in his early twenties, when he first read Bob's accounts of his out-of-body explorations. But it wasn't until about ten years later, after rediscovering Bob's trilogy, that he began his own journey of self-discovery with the Gateway Experience. Since then Paul has been searching for a way to bring together the two different lives he's been leading—his professional life, and his spiritual life—which has led him back to the Monroe Institute where his journey began.



## Mark Crewson

### Monroe LCN Leadership Council Chair

Mark and Carol Monroe will present an overview of the history, current status and future direction of Monroe's Outreach Program.



Shortly after going to the University of Cincinnati's College-Conservatory of Music to study voice in 1989, Mark started exploring consciousness at the School of Metaphysics. Over the next 26 years, his spiritual journey took him through multiple Christian and Pagan denominations until he learned about the Monroe Institute through a psychic reading. He then attended Gateway Voyage in December 2016 and a month later helped to start the Puget Sound Local Chapter. Shortly thereafter, he became a Monroe Institute donor. Based on his 37 years of experience with volunteer group leadership, he was asked to join the Local Chapter Network Leadership Council in July 2017 and became the council facilitator 9 months later. In addition to his involvement with Monroe, he's an IONS circle-level donor, a supporting member of the Parapsychological Association and a Patreon supporter of the Society for

Scientific Exploration. He has a daily practice of meditation and focusing and is developing the ability to channel. A long-time IT project manager at Accenture, he served as a leader with the LGBT ERG, Pride at Accenture for more than 10 years and recently helped to start the company's Pacific Northwest Mindfulness Program.

## Brian Dailey

### **Miracles Happen! Sound Technology Helps Manifest These Miracles**

Over the course of their careers, Brian and Allyn Evans have witnessed miraculous healings. Join them as they share the magic and demonstrate just how powerful we are. And, of course, as is typical when they present, they will share a new program exercise with you (approximately 45 minutes)! You'll want to have your headset and a comfortable place to lie or sit close by.

Brian Dailey, MD, FACEP, FACFE, is a graduate of the University of Rochester School of Medicine & Dentistry. He did his training in Surgery at SUNY at Stonybrook, NY. He is board certified in Emergency Medicine, Forensic Medicine, and Forensic Examination. He has been an Assistant Professor in Emergency Medicine, a Clinical Instructor in Surgery and a Clinical Instructor in Complementary and Alternative Medicine, at the University of Rochester School of Medicine & Dentistry. He was selected as one of America's Top Physicians by the Consumers Research Council of America for 6 years. He is a third-degree Reiki Master with extensive experience in energetic and vibrational medicine, including the use of CranialSacral therapy, crystals, and color. He has vast experience in sound therapies, including Hemi-Sync, Spatial Angle Modulation, and crystal bowls to induce altered states of consciousness. He is a member of the Professional Division and serves on the Board of Advisors. Brian is Board of Directors Emeritus of Monroe Institute. Dr. Dailey, RMT, and Allyn Evans, MBA, RMT, developed Energy Medicine Squared to share healing and learning regarding Reiki, Sound (Monroe Audio Support, Crystal Bowls), Crystals and multiple other healing modalities around the world. Their favorite course to share is *Energy Medicine* at the Monroe Institute.



## Ross Dunseath

### **Monroe Research Coordinator**



In **Monroe Research Perspectives**, Ross will give a brief overview of the active research projects at Monroe followed by details of data acquired in the Copper Wall Room in 2019 through early 2020. A virtual tour of the new Psychomanteum facility at RMR along with operating instructions will also be provided.

Ross is an electrical engineer who has been involved in consciousness and physiological monitoring research since his undergrad days at the Experiential Learning Lab at Duke University. He continued his education at Duke in both engineering and psi research, earning a PhD in electrical engineering in 1992. During that time, he was involved in the design and construction of instrumentation for neurofeedback, heart monitoring, and the detection of physiological correlates of psi phenomena. He next worked with researchers at the University of North Carolina, designing and constructing high-density EEG data acquisition systems, with applications in simultaneous fMRI and EEG imaging. In 2010 he joined the staff at the Division of Perceptual Studies at the University of Virginia where he is the co-director of the Westphal Neuroimaging Lab and is engaged in physiological studies of psi phenomena. The Monroe Institute presents a great opportunity for research in consciousness and human potentials, and Ross is busy upgrading the technical foundation in the labs for launching all kinds of studies.



## Dan Erickson

“The Friends” are an intelligent energy which exist outside of the physical universe. Their purpose in making contact is to explain how to transcend the physical plane of existence. The presentation, **TMI Explorers Tape Program: Looking at “The Friends” as channeled by IMEC in 1989-1992**, will cover a summary of over 200 tapes of the Friends material.



Daniel Erickson, a researcher and consultant, earned his undergraduate degree in Art History at the University of Minnesota, (1990) is a graduate of the Combined Arms and Services Staff School US ARMY, Fort Leavenworth, 1996 and earned his Master's of Science Computer Information Systems (MSCIS) at the University of Phoenix, 2004. Dan is a graduate of Gateway Exploration (2019 March), Lifeline (2020 January, William Buhlman's Adventures Beyond the Body (June 2020), and Exploration 27 (August 2020).

Dan is currently involved in the analysis of audio tapes from the Monroe Institute Explorer program, circa 1984 through 1992. Dan has experience in a broad range of disciplines that are used to explore and translate esoteric principles into daily application. He looks forward to sharing the results of his research.

## Allyn Evans

### Monroe Residential & Virtual Program Trainer and Virtual Tech Support

With Brian Dailey, Allyn will present **Miracles Happen! Sound Technology Helps Manifest These Miracles**. Over the course of their careers, Allyn and Brian Dailey have witnessed miraculous healings. Join them as they share the magic and demonstrate just how powerful we are. And, of course, as is typical when they present, they will share a new program exercise with you (approximately 45 minutes)! You'll want to have your headset and a comfortable place to lie or sit close by.

With, Luigi Sciambarella and Cheryl Hopkins, Allyn will delve into the topic of how and why Monroe is building its **Virtual Programming—The Next Level of Monroe Consciousness Training**.

Allyn Evans, MBA, and Reiki Master Teacher, is a Residential and Virtual Trainer for the Monroe Institute. She also played a key role during Monroe's program migration this year to a virtual platform and provides training and tech support to other virtual trainers including both Residential and Outreach Trainers. In 2017, Allyn teamed up with Brian Dailey, MD, to launch a partnership with the intent of teaching and sharing complementary and alternative options (CAM), particularly with individuals who are seeking to improve their lives or to enhance their ability to heal by using alternative options (to compliment conventional treatment). She and Brian teach Energy Medicine and Medical Intuition at the Monroe Institute, in the United States and abroad. They also take their programs to England and Italy. The next trip to Italy is scheduled (May 10, 2021). Other places either both or one has trained are in Puerto Rico, Iceland and Bali. Currently, Allyn is serving as the Reiki Master Teacher at the Soul Synergy Center in Jackson, Mississippi. She earned a BA in Psychology from the University of Mississippi and an MBA from Texas Tech University.



## MeLisa Gantt

### **Can Theta and Delta Frequencies Positively Affect Post-Deployment Health?**

Stress and sleep disturbances are two of the most common issues among service members returning from deployment. This three-phase study assesses the efficacy of binaural beats (theta and delta frequencies) on heart rate variability and sleep quality. In Phase I, 74 service members with complaint of post-deployment stress were randomized to either listen to music embedded with binaural beats (theta frequency) or music alone. Each group listened to their respective intervention throughout the night for at least three consecutive nights per week for four weeks. A 20-minute pre- and post-intervention heart rate variability (HRV) stress test along with perceived stress and sleep diaries assessed intervention efficacy. Using 167 military healthcare beneficiaries, Phase II and III will use randomized crossover methods to compare music only to music embedded with binaural beats (delta frequency) to binaural beat (delta frequency) tones alone. Objective and subjective sleep quality measures will assess intervention efficacy. It is hypothesized that binaural beats tones alone and music embedded with binaural beats will show similar positive results when compared to baseline and music alone.



Dr. MeLisa Gantt is a research scientist and CEO of the Gantt Clinical Research Institute. She is a retired United States Army Lieutenant Colonel with 28 years of military service and served in roles such as the Director for the Center for Nursing Science and Clinical Inquiry, Director of Research, Deputy Director for the Joint Combat Casualty Research Team in Afghanistan, and the Research Consultant to the Commanding General for the US Army Regional Health Command in Europe. She holds a PhD in Nursing from the University of Central Florida, a Master of Science in Nursing Education from Barry University, and a Bachelor of Science in Nursing from the University of Maryland. She is a published author and three-time research grant recipient with over \$1 million in federal funding for her research in Reiki and Binaural Beat/Brain Entrainment Technology.  
[ganttclinicalresearchinstitute.com](http://ganttclinicalresearchinstitute.com)



## Suzanne Giesemann

Join Suzanne for **Messages from Sanaya**, a special session in which she will connect with Sanaya, a collective consciousness of advanced teachers in spirit with both a feminine and masculine energy. Suzanne will briefly describe the process known as attunement or channeling and how she enters into this deep state of expanded awareness to bring through the words of Sanaya.

Suzanne Giesemann is a Messenger of Hope who shares The Awakened Way—a path to knowing who you are and why you're here. Whether in her books, her classes and workshops, her weekly radio show, or her one-on-one sessions, Suzanne provides stunning evidence of life after death. She is a former U.S. Navy Commander who served as a commanding officer and as aide to the Chairman of the Joint Chiefs of Staff. Suzanne's gift of communication with those on the other side has been recognized as highly credible by noted afterlife researchers. She brings messages of hope, healing, and love that go straight to the heart. Please visit [www.SuzanneGiesemann.com](http://www.SuzanneGiesemann.com).



## Bob Holbrook

**Monroe Director of Innovation, Residential & Virtual Program Trainer**

As the chief engineer of the Spatial Angle Modulation (SAM) technology, Bob is on the front lines of Monroe Audio Support technology development. His talk, **Understanding the new Monroe Audio System Technology**, will reveal some of fascinating aspects of the sound support that guides us in our Monroe-assisted journeys.

Bob Holbrook has been a student of consciousness for most of his life. He is an anthropologist with experience in South America, Africa, the Middle East and the US. Bob has studied Anthropology and Psychology at Ball State University, Indiana University and the University of Chicago. He studied Archaeology with the University of Michigan. He is an active member of the Society for the Anthropology of Consciousness, the Institute of Noetic Sciences, and a certified provider with the Institute of Heartmath. He is presently working with individuals in the areas of addiction and post traumatic stress disorder.



## Cheryl Hopkins

Monroe Program Manager



With, Luigi Sciambarella and Allyn Evans, Cheryl will delve into the topic of how and why Monroe is building its **Virtual Programming—The Next Level of Monroe Consciousness Training**.

Cheryl is a professional astrologer and Program Manager for the Monroe Institute. She manages the logistics for all aspects of Monroe's programs and is the liaison for residential trainers. She was the point person assisting Monroe staff and trainers in their migration to online program presentation after COVID-19 hit. She hosted the 2020 April Masterclass series at Monroe and was a key contributor of logistical support for the adaptation of Monroe's residential programs to the virtual environment. Cheryl has a background in sales and supporting C-suite principals as an executive assistant. She has been a consulting astrologer for 25 years and a lifelong explorer of consciousness expansion.

## Nancy McLaughlin-Walter

Research Specialist

Nancy's presentation, **Research Methodologies**, will be an interactive workshop on field research and data collection for dissemination by the practitioner. As a group we will briefly discuss ways in which you may already collect data that helps you in improving your practice for your clients. Then we will expand upon these to hone your data collection practice to help ensure that this information can help further the work of researchers here at Monroe in improving materials and techniques.

Nancy has taught statistics for the behavioral sciences at Metropolitan State University of Minnesota and various psychology courses for the University of West Georgia before coming to the Monroe Institute as a research specialist. She has an interest in research methodology as well as confirmatory/exploratory factor analysis. Her research interests include physiological correlates of altered states of consciousness and psi as well as the application of meditative practices in the treatment of issues in mental and physical health.



## Joe McMoneagle

### Monroe Residential & Virtual Program Trainer

A world-renowned remote viewer and peerless raconteur, Joe will reveal the fascinating series of life events that led him to become Remote Viewer 001 for the US Army in **How I Became Remote Viewer 001**.

Ever since Joe McMoneagle retired from the Army in 1984, he has supported The Monroe Institute in many ways. He has restructured and initiated changes to the Remote Viewing program, which he now teaches. Joe's nightly talks at Gateways, Guidelines and other seminars have encouraged and inspired hundreds, if not thousands of participants. He worked for Bob Monroe as a problem solver for many years, and is a world-class remote viewer known for his participation as Remote Viewer 001 in the Army's Star Gate Program, as well as through his many television appearances and RV demonstrations. Joe has also authored four books and a number of articles on the topic of remote viewing.



## Carol Monroe

### Monroe Outreach Coordinator and LCN Liaison



Carol and Mark Crewson will present an overview of the history, current status and future direction of Monroe's Outreach Program.

I learned about the Monroe Institute from Frank DeMarco in 2003, who was a good friend of my partner. I wasn't able to participate in programs at that time but was very interested in the work of Monroe. I came to TMI in February 2013 as Carol Sabick's assistant, the week before the Professional Division Seminar. I loved meeting the participants from different cultures around the world who attended. After Carol Sabick passed, I worked with Program Coordinator Jan McConnell on Outreach Trainer administrative tasks and assisted Scooter McMoneagle with various projects. In 2018 I became the newest Outreach Coordinator, and in 2019 asked to be the first staff liaison to the Local Chapter Network. It

is an honor and privilege to work with the staff and Outreach Trainers and Chapter Leaders around the world to "get it out there" and have a positive impact on thousands of lives and make the world a better place for us all.

## Judith Pennington

Mind Mirror Consciousness Trainer

**The Brainwaves of Extraordinary States**—What do extraordinary states of awareness look like inside the brain? See for yourself in the Mind Mirror EEG used to map the brain-wave patterns of remote viewers and out-of-body travelers listening to Monroe audio technology during the research-oriented Discovery program. Hear about their superordinary experiences in higher states of consciousness—and how they got there.

Judith Pennington is a Mind Mirror Consciousness Trainer, an internationally-published journalist, mind researcher and world authority on EEG biofeedback meditation and the evolution of consciousness. Founder of the Institute for the Awakened Mind and co-developer of the Vilistus Mind Mirror 6 EEG and the Mind Mirror Portal, she is the author of two books and seven guided meditation albums. Learn more about her work at [InstitutefortheAwakenedMind.com](http://InstitutefortheAwakenedMind.com), [MindMirrorPortal.com](http://MindMirrorPortal.com), or [JudithPennington.com](http://JudithPennington.com).



## Diane Hennacy Powell

### Keynote Address

Diane's talk, **Telepathic Savants: What do they say about how brains might really function?**, will begin with an overview of why autistic children and adults might be more likely than neurotypical humans to have an increased experience and expression of psychic abilities, such as telepathy and precognition. She will then present a brief summary of her findings from controlled experiments with three autistic children who appear to be highly telepathic. The last segment will present a radical theory for how brains might navigate an informational field similar to the "cloud" we access with our electronic devices. This theory would offer a means for not only explaining psychic abilities, it would help solve mysteries in clinical neuropsychology such as savant syndrome, acquired savant syndrome, and the surprisingly high IQ of some people who are born with hydrocephalus and have very little brain tissue. Evidence leading to this theory includes scientific discoveries about water and the roles of biological light, microtubules, and neuromelanin in brain function, as well as ancient knowledge encoded in symbolic representation.



Diane Hennacy Powell, MD, is a Johns Hopkins-trained neuropsychiatrist and neuroscientist, former Harvard faculty member, and an award-winning author and clinician. She has worked internationally, and currently has a private practice in Oregon. She began studying autism in 1987, when she spent six months with Sir Michael Rutter at the Institute for Psychiatry in London. She is also an expert on PTSD, and co-created psychiatry programs for Survivors of Torture, International, and the McCandless Women's Center in San Diego. She has served as a member of a think tank on human consciousness at the Salk Institute, as the Director of Research for the John E. Mack Institute, and on the Boards of the Jean Houston Foundation and Forever Family Foundation. She is a former Secretary of the Board of the Parapsychological Association. Her current research focusses on investigating parental reports of telepathy and precognition in autistic children and has been



presented at the annual Science of Consciousness conference, Parapsychological Association conference, and the Institute of Noetic Sciences. Her lay publications include her book, *The ESP Enigma: A Scientific Case for Psychic Phenomena*, and *The 2007 Shift Report: Evidence of a World Transforming*

## Janet Reed

Monroe Board Chair



In her **Report from the Board of Directors**, Janet will give an update on the work the Board is doing to support the growth of the Monroe Institute through these COVID times.

Dr. Janet Reed currently serves the Monroe Institute as Chairperson of the Board of Directors. Janet describes herself as an avid student, having studied and earned advanced degrees in the biological sciences, then turning to the study of law. The exploration of consciousness has been an interest and focus for Janet for most of her life. Through a series of synchronous events, she found her way to the Monroe Institute in 1995 and has been involved with Monroe ever since. In 2017, Janet was invited “out of the blue” to join the Board of Directors and accepted immediately. She became Chairperson in 2020. Janet says about her time on the

Monroe Board: “this journey on the Board has allowed me to experience Monroe in an entirely different way, and to give back to Monroe some portion of what I have gained here over the years.”

## Luigi Sciambarella

Monroe Program Residential Trainer

Luigi, Allyn Evans and Cheryl Hopkins will delve into the topic of how and why Monroe is building **Virtual Programming—The Next Level of Monroe Consciousness Training**

My journey into the exploration of consciousness began at an early age. My early nonphysical and lucid dreaming experiences left me with the knowledge that there is much more going on than what we can perceive through our physical senses.

As I progressed through school and university, I became increasingly interested in understanding different aspects of mind and consciousness; which resulted in obtaining a BSc in Psychology. During my time at university I was involved in many personal experiments involving hypnosis and Hemi-Sync®. As in childhood, my experiences took off, I had many OBEs and lucid dreams, and have kept a detailed journal ever since.



After being introduced to Bob Monroe's tools and research, I became very interested in the simplicity of using non-invasive technology to explore and expand human potential. After wonderful experiences on TMI courses, I decided to become an Outreach Trainer to help as many people as possible to experience more of their total selves, whilst enjoying this great opportunity for personal growth.



## Susan Smily

**Monroe Archivist and Professional Association Coordinator**



**A Virtual Tour of the Monroe Institute Archives** —Since the start of our archiving project in March 2020, Susan designed and built the Monroe archive site on archive.org. More than 2500 documents, audio files, video files and images have been uploaded. Susan will show you how to access various components of the files for research or personal enjoyment.

In addition to graduating from multiple Monroe programs, Susan Smily has been an Outreach Trainer and is a long-standing member of the Professional Association. She is the volunteer Professional Association Coordinator and Monroe's volunteer archivist. Susan is a teacher and speaker with more than 40 years' experience in the classroom and other presentation venues. She is a published author and poet, traveler and renaissance woman. Susan is committed to helping others reach their highest potential and she carries

this objective into all facets of her life's work.

## Marinda Stopforth

**Monroe Residential & Virtual Trainer**

### **Grounding Yoga Exercise**

Marina leads us through easy and accessible movements to stretch the body, bring attention to the power of breath and offer suggestions for energetic support with the use of Mudra.

Marinda attended Gateway Voyage in January 2000 and has been a residential trainer for Monroe Institute since 2008. She certified as a yoga teacher in 2006 and currently works as a yoga and meditation teacher/educator for a Yoga Teacher Training school in Lisle, IL. She spends her time between teaching yoga, facilitating SoulCollage® workshops and ClaySpace, a ceramics studio, where she is a resident artist.

